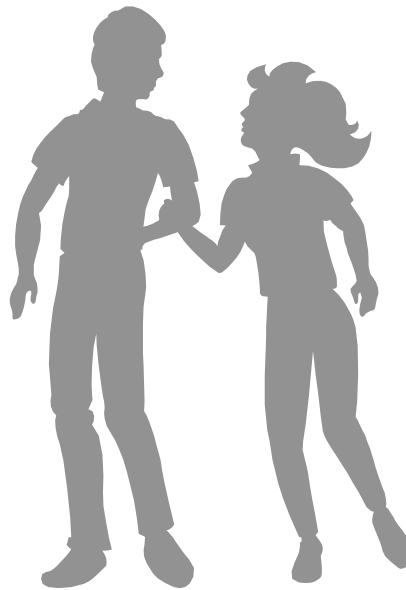


# 10 Tips For Dads With Daughters



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# 10 Tips for Dads With Daughters

## 1. **Listen to your daughter.**

Focus on what is really important - what she thinks, believes, feels, dreams and does - rather than just how she looks. You have a profound influence on how she views herself. Value your daughter for her true self. Give her confidence to use her talents in the world.

## 2. **Encourage her strength and celebrate her savvy.**

Help her have Girl Power! Help her be **Strong, Smart and Bold!** Help her learn to recognize, resist and overcome barriers.

## 3. **Tell her that you love her for who she is.**

Growing girls need to eat often and healthfully. Dieting may increase the risk of eating disorders and other health problems. Advertisers spend billions to convince her she doesn't look "right". Don't buy into it and explain to her that there are many beautiful, healthy body types.

Urge her to love herself just the way she is. Help her to be healthy and feel good as she works within the body type with which she was born.

## 4. **Respect her uniqueness.**

See her as a whole person, capable of anything - and make sure she knows that's how you see her. Your daughter may choose a life partner who acts like you and has your values, so treat her and those she loves with respect. That will help your daughter choose someone who respects and nourishes her long after she's left your home.

## 5. **Help her to be physically active.**

Play catch with her, or tag, jump rope, basketball, Frisbee, hockey, soccer, or just take walks...you name it! Help her learn all the great things she can accomplish. Playing sports can teach girls to set goals, learn perseverance and discipline.

Physically active girls are less likely to get pregnant, drop out of school, or put up with an abusive partner. Studies show that the most physically active girls have

fathers who are active with them. Participating in physical activities with her is a great investment!

#### **6. Get involved in your daughter's school.**

Volunteer, chaperone, or read to her class. Respect her achievements. Ask tough questions, like:

Does the school have and use an eating disorder prevention or body image awareness program?

Does it tolerate sexual harassment of boys or girls?

Do more boys take advanced math and science classes and, if so, why?  
(California teacher Doug Kirkpatrick's female students weren't interested in science, so he changed his methods and their scores soared!)  
Are at least half the student leaders girls?

#### **7. Get involved in your daughter's activities.**

Volunteer to drive, coach, direct a play, teach a class - anything! Demand equality. Texas mortgage officer and volunteer basketball coach Dave Chapman was so appalled by the gym his 9-year-old daughter's team had to use, he fought to open the modern "boys" gym to the girls' team. He succeeded. Dads make a difference!

#### **8. Help make the world better for girls.**

This world does hold dangers for our daughters. But over-protection doesn't work, and it tells your daughter that you don't trust her and her abilities!

Work with other parents to demand an end to violence against females, media sexualization of girls, pornography, advertisers making billions feeding on our daughters' insecurities, and all "boys are more important than girls" attitudes.

#### **9. Take your daughter to work with you.**

Participate in every April's official "Take Our Daughters to Work Day" and make sure your business participates. Show her how you pay the bills and manage your money. Your daughter will have a job some day, so introduce her to the world of work and finances!

## **10. Talk to other fathers.**

When you share your commitment to make the world respect and nurture our daughters, you'll be amazed at how many other fathers agree. There's a lot we can learn from each other. And we can have a lot of influence when we work together for our daughters' sakes.